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Basket Ball for Women

Edited by MISS SENDA BERENSON,
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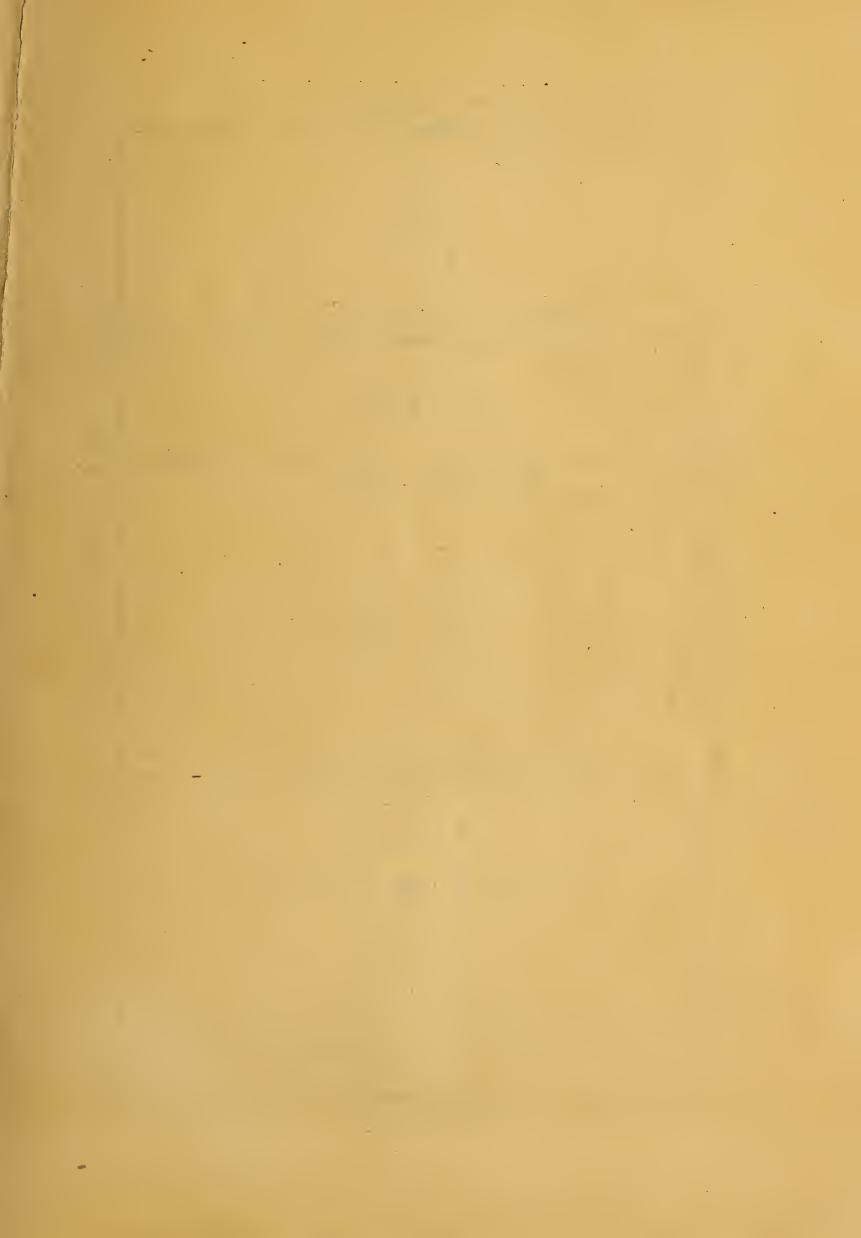
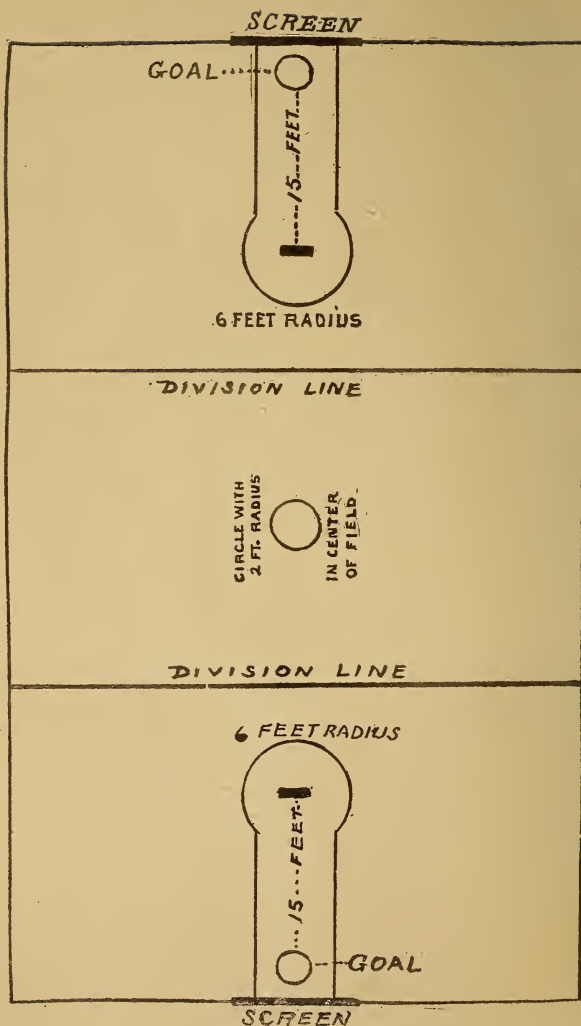


DIAGRAM OF FIELD OF PLAY



AT LEAST 3 FEET FROM WALL

Line Basket Ball

or

Basket Ball for Women

As Adopted by the Conference on Physical
Training, held in June, 1899, at
Springfield, Mass.

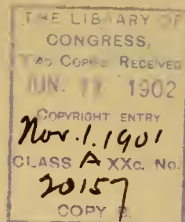
Also Articles on the Game by Dr. Luther Gulick,
Dr. Theodore Hough, Dr. A. Bertha
Foster, and Miss Senda
Berenson.

Edited by Senda Berenson

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EDITORIAL



SENDA BERENSON

BASKET BALL was invented by Dr. James Naismith, about January of 1892. It was invented particularly for the Y. M. C. A. Training School, at Springfield, Mass., and in all probability, Dr. Naismith had no idea it would ever be played by women.

However, directors of gymnasia for women saw at once that it was, perhaps, the game they were eagerly seeking—one that should not have the rough element of foot ball, yet should be a quick, spirited game—should cultivate strength and physical endurance, and should be interesting enough to become a part of physical training for women as foot ball and base ball are for men. They saw at once that it had many elements of success required for such a game, and forthwith attempted it as part of their gymnastic work. Its success proved far beyond their expectations. It was only necessary to try it to have it become most popular wherever it was played. The colleges for women found it a boon. The physical training schools took it up, and their women graduates spread it all over the country. To-day there are few gymnasia for women where basket ball is not a part of their curriculum, and hundreds of basket ball teams are formed yearly in all our cities by women who play the game at regular times during the winter. It is by far the most popular game that women play.

Experience with the game, however, soon proved that its one great fault is its tendency to roughness, and that in order to overcome this tendency some modifications would be necessary. Nothing is more conclusive of this than the fact that the majority of women who play the game, do so with more or less modifications. Dr. Sargent made some changes and had his rules printed. His Normal School pupils play the game with his rules and it is natural to infer that the pupils teach it with his modifications. The Boston Normal School of Gymnastics has printed modified rules of its own, and its graduates teach it with these rules. Miss Clara Baer, of Newcomb College, made many changes, and had her rules printed, calling the game "Bas-

quette." Lewis, Drexel, and Pratt Institutes play the game with modified rules. Vassar, Radcliffe, Lake Forest University, University of Wisconsin, and Smith play with more or less modifications. At Smith College the game was played with modifications as early as the autumn of 1892. The preparatory schools and normal schools who play with some changes are too numerous to mention.

One has a natural antipathy against making changes in rules previously established. The fact that the majority of women find it necessary to change the rules of basket ball to suit their needs seems significant.

All this has brought about a great cause for dissatisfaction; namely, that scarcely two institutions of education for women play with precisely the same rules. Most of them play with changes of some sort, but each institution uses the changes it has made for itself.

At the Conference of Physical Training held at Springfield, Mass., from June 14 to 28, 1899, a committee was appointed to investigate this matter and to draw up rules which should voice the different modifications used all over the country as much as possible.

This committee consisted of Alice Bertha Foster, Director of Physical Training for Women, Oberlin College, Chairman; Ethel Perrin, Instructor of Gymnastics, Boston Normal School of Gymnastics; Elizabeth Wright, Director of Physical Training, Radcliffe College; Senda Berenson, Director of Physical Training, Smith College.

The committee offered the following report:

The Committee respectfully recommends

First—That the Conference give its approval to the publication of a set of rules for Basket Ball for Women, based on the official rules, but with such modifications as seem desirable.

Second—That these rules be offered for publication either with the Spalding Official Rules, or by the Spalding Athletic Library, together with some articles discussing the use of the game by women.

Third—That the leading institutions wherein the game is played by women be consulted, asking suggestions as to modifications thought necessary. * * * * *

Fourth—That this guide be edited by Miss Senda Berenson of Smith College.

Fifth—That the changes made in the rules be as follows: * * *

The report and rules were read for approval before the Conference and discussed. The Conference voted unanimously that the report be accepted and rules adopted and printed.

The rules offered in this pamphlet seem to the Committee to voice the wisest changes of those used all over the country. On the other hand, they are not put forth as final, and the Committee will be glad of suggestions from any one who thinks further changes necessary.

Suggestions should be sent to Dr. A. B. Foster, Oberlin College, Oberlin, Ohio; or to Miss Senda Berenson, Smith College, Northampton, Mass.

OFFICIAL NOTE



ALICE BERTHA FOSTER, M. D.

Chairman Basket Ball Committee of the Springfield Conference, June, 1899.

IF the whole trouble were known about that quarrel of Cain and Abel, I believe we should find that the real root of it all lay in their difference of occupation. People who lack the common ground of sympathy that comes by working side by side, by similar methods, for similar ends, are the ones who need boards of arbitration. Sympathy must rest on understanding; and few of us are able to achieve true understanding of others' positions, save by some parallel or related experience of our own.

No military commander dreams of minimizing the value of uniform dress as to psychic effect. The flag means to the soldier not only the "State" for which he fights, and the wife and children at home, but it means even more dynamically that other men are fighting by his side, other regiments in the line, other brigades in the field, other armies in the past and the future, all lending him the incalculable support of sympathetic action.

It means a sense that his own personality and identity are extended through all the thousands thus proved to have, with him, a common ground of experience, understanding and sympathy.

What the flag is to the army, that should the standard rules be to basket ball.

The psychic value is the first and greatest claim for uniformity in a newly developing sport.

Practical advantages are of next importance. If all the institutions playing by "modified rules" will unite on an accepted standard, many very desirable things will be gained.

There will be an absolute standard of appeal in doubtful cases.

A player going from one Y. M. C. A. to another, from one city's club to another, or from preparatory school to college, will be able to enter instantly on an equal footing with all. There will be no fixed habits of automatic action to undo; no new rules to be memorized; no little differences to balk her instant action and waste precious fractions of a second by need for conscious thought.

What rules are truly for the best good of players and game will be

known to all and used by all, so that no especially valuable point discovered by one band of players will be lost to others.

Each home of the game has, of course, its own environment to consider, and all minor details must be settled accordingly; but there appears no valid reason why the actual *playing* of the game cannot conform most advantageously to one carefully compiled and popularly accepted standard.

The work of this committee has been an earnest attempt to combine and unify the varying products of experience in many places, so that the composite may be one which all playing by "modified rules" may be willing to accept.

The rules here offered are not put forth as conclusive. If, in the future, reason shall appear either for further modifications, or for a return toward the "Basket Ball" from which "Line" Basket Ball has differentiated, future committees will have all the liberty we had, and shall also have our cordial sympathy and support.

A word as to my own position in this matter: I believe there are many places where "modified rules" should most certainly be used; there are many players who, having tried both, *prefer* these. For all of them a common standard is of immense value. If I ever find myself in a place where "modified rules" seem best, I shall certainly consider the rules adopted and put forth, as these are, as the consensus of wide experience and many individual judgments as the true standard.

Personally, however, I believe that there are places where it is still safe and satisfactory to play the original game, with but *one* change. Six years' observation of college play has convinced me that the game, as played by men, is just a little beyond women's physical power. I believe the intensity of strain can be, however, sufficiently reduced by one change. I would forbid taking the ball from an opponent's hands; substituting a time limit. At present almost every prominent college or other institution has made that change; and four years' oversight of the health records of one that has not, has convinced me that it should be made. The possibility, however, of satisfactorily playing the game with this change alone depends on a great many circumstances, and in many institutions I believe it would be most unwise. My reasons for hoping to see the original

game (with the one change) still played in some places I shall hope to give elsewhere.

Here, I may say with utmost sincerity, that among those using modified rules, I hope these may find acceptance and give satisfaction.

THE PSYCHOLOGICAL EFFECTS OF BASKET BALL FOR WOMEN



BY LUTHER GULICK, M. D.

IT is not my purpose to discuss the details of team-play, nor to explain especial plays or formations. I desire to call attention to the bearings of the psychology of team-play upon some of the more fundamental matters concerning the nature of woman and her place in our civilization.

By team-play I mean the play of individuals in such a way as to advance the interests of the team as contrasted with the interests of the individual. To illustrate: a player (A) has the ball and can throw for goal, or she can pass the ball to a player (B) nearer to the goal and having a better opportunity to cage the ball. Individual interest will lead (A) to throw for the goal. She may take it, and thus win for herself the credit for a brilliant play. This is one of the faults of beginners and always of selfish players. If (A) looks mainly to the interests of the team, she must forego her own chance for prominence and must play the ball to (B) who will secure from the crowd the credit, much of which in this case really belongs to (A). In case (A) throws directly for the goal and makes it, she is not thereby justified in the play; she should be censured by the coach or captain. In the long run such a player, who puts her own interests above that of the team, will prove a detriment to the team.

Team-work means the frequent subordination of self-interests to the interests of the team. The individual shines mainly in the general glory of the team.

The single instance given is but a simple illustration of what characterizes basket ball. A team of moderate players, but who play well together, who play a strong team game, will defeat a team of experts who play each one for himself. This has been repeatedly demonstrated. It was clearly shown in the national championships in which a team of the best of experts was beaten for two years by teams whose individual players did not excel, but whose team-work was better.

This subject of team-play has most important bearings. The

necessity for team-play is characteristic of base ball, foot ball, cricket, and a few subsidiary games, such as lacrosse, hockey, etc. It is not characteristic of track and field sports, nor of any other great national sports. These games demanding team-play are played by Anglo-Saxon peoples, and by these peoples alone, and may thus be said to be a differentiating characteristic of the Anglo-Saxon adolescent male.

It is also important to notice that these games are not played till the teens are reached. Little boys may play these games, but they rarely play more than an individual game; real team-work is rare among them. This fact acquires significance when we remember that during adolescence great psychological changes occur in the boy among which the growth of altruism is prominent.

What is its nature? What are the mental and moral demands of team work? They are, of course, higher than those of individual play. One may or may not choose to use the word altruism in such a relation, but this loyalty to the team when such loyalty puts self in the background certainly is made out of the same kind of stuff as is altruism. It is loyalty to a larger unit than self. It is, ethically, of a higher order than is individual play. This team loyalty is very like the tribal loyalty of early savage life. Those tribes in whom the men were loyal to the tribe, even more than to self, would, other things being equal, conquer those who were still on the individual plane. The deep nature of the instinct that has led to the development of these games is thus shown.

My experience and observation ever since Mr. Naismith invented the game is that it is more difficult to get women to do team-work than it is to get men to do so. In what way may this be explained? It is idle to say that men are more self-sacrificing than are women. A comparative study of men's and women's relation to their children is ample evidence on this point. What facts may be explanatory? Boys play games in a way that girls do not. Boys play on the street, and have a kind of rough and "give and take" education among their fellows that is far more intense than is the corresponding education of girls. But this is insufficient to account for the marked difference in the interest and adaptability that women seem to have for team games. In cases that I have seen where there has been equal oppor-

tunity for girls to acquire the team spirit, they have not acquired it to anything like the same extent that boys have. We must look deeper than the mere circumstances of early environment to account for this phenomena. In a careful study of boys' gangs, not yet published, that has been made by Mr. T. J. Browne, this spirit of loyalty to the team, or loyalty to the gang, has been worked out with thoroughness. He has shown that most boys during adolescence form spontaneous groups that often maintain their personelle for years, exerting a great influence upon the life of the individual. The boy will be loyal to the group to which he belongs often more than he will to even his own parents. One finds corresponding spontaneous grouping among girls, but not to the same extent, nor are the societies so persistent nor so inclusive of all the interests of the individual.

Another class or group of facts that would demand investigation bearing upon this general topic is the treatment that women give each other on the street, in the electric car, and while shopping. It is a matter of common comment, for which there must be a modicum of ground, that women are more often inconsiderate of each other as strangers than are men. I do not attempt to justify the comment, but suggest the line of inquiry.

It is a patent fact also that men form societies to an indefinitely larger extent than do women; not only secret societies, but societies for all sorts of purposes. Man's life appears to take more naturally to organization than does woman's. Man's life appears to be related more to loyalty to groups, while the woman's life seems to be more related to loyalty to the home and its interests. Geddes & Thomson, Fiske, Drummond, and others, have called attention to the great significance of the maternal instinct in the development of altruism in the individual, and indeed maintain that this instinct is the tap root of altruism in the race. Without going into an extended discussion of the matter, I wish to call attention to the fact that the kind of altruism displayed by men is more related to teams or groups than it is to the family, while the altruism of women does dominate with reference to husband and children and the more remote relations that constitute the larger family.

This apparent large digression I have entered into in order that

we might see the significance of the discipline that comes to woman through the playing of such a game as basket ball. When it is done in a thoroughly scientific way with primary attention to team-work, it calls for qualities that are rather unusual, or at least calls for these qualities to an unusual extent.

We are in a time of great unrest in regard to the status of woman. She is entering many lines of work that hitherto have been carried on entirely by men. We are hearing such brilliant voices as that of Mrs. Stetson, who voices and brings to consciousness the feelings of many women. Whatever may be the outcome of this time of unrest, there certainly must grow among women a kind of loyalty to each other, of loyalty to the groups in which they naturally are formed, that is greater than obtains at present. Loyalty to the team and the playing of team-work appears to me to be no mean factor in the development and expression of this quality upon which our civilization rests—the capacity for co-operation, the capacity for being willing to set aside a part even of one's own rights in order to win the larger benefits of co-operative endeavor.

THE PHYSIOLOGICAL EFFECTS OF BASKET BALL



BY THEODORE HOUGH, PH.D.

A RECENT paper by Dr. Leo Luntz, gives results which are of great importance in studying the physiology of basket ball. In this paper it is shown that the amount of carbon-dioxide given off and of oxygen consumed by the body is vastly greater during bicycle riding than it is during walking, and that it is also much greater than we should suspect from our feelings of fatigue. It is, moreover, a common experience with most wheelmen that a ride which involves but little effort will produce profuse perspiration. In other words, cycling involves, even on level ground, a very large amount of muscular work, and so of oxidation without producing marked sensations of fatigue.

Two points in the explanation of this fact are of importance to us: First, the feeling of fatigue is not a reliable measure of the amount of muscular work which is being done; the fatigue of walking, for example, comes largely from the joints, and where we relieve these of the weight of the trunk, and from jar, as we do in wheeling, very much more work can be done with less feeling of effort; secondly, while walking demands of some muscles, such as those of the calf of the leg, an amount of work out of all proportion to that which other muscles perform, bicycle riding makes no such disproportionate demands on any one group of muscles; the work is more distributed and hence is less felt, but when the sum total of work done by all muscles is added, it is found to be much greater than was the case in walking.

This greater amount of work involves the production of a greater amount of carbon-dioxide and a greater consumption of oxygen by the muscles; in other words, increased demands are made on the respiratory mechanism, which consists, on the one hand, of the nerve centres, nerves, and muscles of respiration and, on the other, of the heart and the blood vessels. We can thus see at once that such exercise involves the respiration of greater quantities of air and an increased output of blood per minute on the part of the heart; and the more or

less profuse perspiration already referred to is, of course, an effort to get rid of the increased amount of heat produced by the working muscles.

I have referred thus at length to these observations of Luntz on bicycle riding because they give us the most accurate observations upon the physiological conditions which obtain during such games as basket ball; here again we have a form of exercise which brings into simultaneous action large numbers of muscles, although no one muscle is worked excessively; even when the ball is in play in some other part of the field, a player must be on the *qui vive*, which means, physiologically, a state of slight contraction of great numbers of muscles; this of itself involves a considerable sum total of oxidation which, of course, becomes much greater during the more active work of running, jumping, throwing, etc. In all such games, as in bicycle riding, more work is done than we are conscious of, and while this work does not produce feelings of fatigue, it does involve very greatly increased effort on the part of the heart and of the muscles of respiration.

Considerations of these facts shows us at once when it becomes physiologically unsafe to play basket ball. It is evidently not safe to do so when the heart is unable to perform with comparative ease the increased work required of it; and this may be the case first, in certain diseases of the heart, and secondly, when the player has not been taking muscular exercise for some time, and so is "out of training."

This is not the place to discuss the relations of the various forms of heart disease to such games. In some of them it is unsafe to play; in others, playing under proper restrictions is a good thing. It is for the physician to say in any individual case whether it is safe to play or not.

An equally practical matter is the necessity for training as a preparation for such games. Basket ball does not *at once* impose on the heart conditions which are unfavorable for its work; it merely doubles, we will say, the demand upon it for work; indeed, the key to the whole matter is that, for respiratory and other purposes, the heart must pump very much more blood in the same time. A portion of that part of its cycle which is normally given to the rest of diastole and pause must be sacrificed to the systole, which thus comes to con-

sume a larger proportion of the total time of the cycle. In this way are introduced the conditions of fatigue, and it is simply a question whether the heart can stand this more fatiguing work; in other words, it is a question of how well trained it is. One may as well expect good results in a skeletal muscle by going into a four-mile run without previous training as to expect good results in the heart by going into a game of basket ball under like conditions; and the danger in both cases comes chiefly from the undue prolongation of the work; especially is this true of basket ball. As long as play continues the muscles are producing these largely increased quantities of carbon-dioxide, and the heart is being stimulated to get this to the lungs for removal from the body; and, if this demand is made on a heart which is not strong enough to endure prolonged work, trouble may result.

It is perfectly clear that the danger may be diminished, indeed, practically obviated, if we lessen at first the duration of play and increase the time of rest; or, if at the first we play but one-half of ten minutes. The danger is also lessened if not obviated by the modifications used at many of our women's colleges and institutions, and embodied in the rules given in this number. That these modifications do avoid the danger is indicated by the following facts which have come to my notice; no doubt others can give similar evidence:

Two of our women's colleges have used basket ball for a number of years. One of them has used the Y. M. C. A. rules, the other the modified rules; in both of them the players were under medical supervision. At the former school there have been a suspicious number of cases of "bicycle" hearts among basket ball players. At the latter, not only has this trouble not occurred, but during moderate use of the game (once weekly, with four weekly gymnasium exercises) from November to March, several first-year students with exactly this trouble became perfectly normal and played on the class team. It seems to me that the division of the field into three parts with the consequent limitation of the possible amount of exertion gives an amply sufficient explanation of these results.

This leads us to the great physiological use of games like basket ball in physical training. Gymnastic work excels all other work in corrective value, and is needed in the conditions of our modern school life for this reason. There can also be no doubt that it can and, as

far as possible, ought to be given so as to train a certain amount of what is called endurance; that is, the ability to maintain moderate work for long periods of time, or vigorous work for fairly long periods of time. But gymnastics is not a convenient, and it is very doubtful if it is ever a practical means of doing all in this direction that an all-round physical training demands. With the exception of marching and running, gymnasium work involves rather the vigorous use of muscles for very short periods at a time rather than the continuance of muscular activity for longer periods of time. It is the latter form of work which adds up most in the end, and produces the largest quantities of carbon-dioxide, and so calls on the heart and the respiratory apparatus for most vigorous work. And this very vigorous work is the only means of training the heart and respiratory apparatus to that degree of strength and endurance which enable them to meet any demand that the conditions of life may make upon them. This, of itself, is a strong reason for the use of such exercises, of which no better example can be found than basket ball.

We can refer only in the most general way to the hygienic effect of such vigorous exercise; that is, the effect in maintaining health each day. Muscular exercise is one of the physiological conditions of health; it produces conditions in the organism without which its inherited structure cannot maintain for long a healthy life. These physiological conditions are numerous and complicated; one of them, however, is so closely connected with what has already been explained that it may be used as an example of the rest: The increased breathing movements make themselves felt beneficially in all parts of the body, aiding in the flow of the nutrient fluids (lymph) around the cells and so in the nutrition of the living units of the organism. The man or woman who does nothing to induce vigorous breathing is running a far greater hygienic risk than when one drinks a glass of water from the notoriously bad water supply of some of our American cities.

There is a third important physiological effect of such games. In the history of individual development no fact is so plainly written as that "whatsoever a man soweth, that shall he also reap." Especially is this true of the nervous system which requires efficient control over the movements of the body only as the body carries out, over and over again, such movements as demand the most rapid and com-

plicated response on the part of the nervous system; and it requires but a moment's reflection to see that these games meet these requirements to a remarkable extent, probably, indeed, as nothing else does. The writer has heard of a case where it became necessary for two young ladies who had played basket ball to dodge a runaway horse, which they did successfully. They themselves believe that they would not have escaped uninjured except for having played a game of the kind. The cautious scientist is slow in expressing an opinion on a specific case of this kind, but he need have no hesitancy in asserting that such games train to a remarkable degree the power of the nervous system to do the right thing at the right time in order to meet sudden and unexpected situations; and this is a kind of muscular control which it is well worth while to acquire.

We may sum up the results of the previous discussion as follows: Basket ball involves a large amount of work with a proportionately small element of conscious fatigue. It consequently makes larger demands on the heart and other organs of respiration than the player realizes, and in this lies its danger. This danger can be successfully avoided, however, by proper attention to training and by proper regulation of the game itself; indeed, we may add that few other games can be so easily regulated to meet this end. When so regulated, it is in every way a good thing for the heart which it trains to strength and endurance. It moreover trains the co-ordinating nerve centres to a high degree of muscular control, and, above all, it is a most efficient agent in producing those general hygienic effects of muscular exercise which constitute the chief reason for the use of muscular exercise at all.

THE SIGNIFICANCE OF BASKET BALL FOR WOMEN



BY SENDA BERENSON

IN competitive games one of two strong forces must become all-important. One will either abandon one's self to instinct and impulse in the quickness of action and intense desire for victory, and hence develop rough and vicious play; or, eliminating brute and unfair play, one's powers are put into developing expert playing, quickness of judgment and action, and physical and moral self-control.

Much of the element of rough play in games comes more from excitement and the desire to win at all and any cost than from inborn viciousness of character. Many players are ashamed of their conduct in games in their calmer moments. That is as it should be. The great danger lies in the fact that rough and unfair play, the results at first of impulse and carelessness, become strong forces in vitiating the characters of the players by developing another standard of morals for athletics than the one held for conduct in life.

Not only is this standard for athletics held by athletes, but a great number of the community at large seem to think certain elements in athletics perfectly fair, that from an ethical point of view are as bad as lying or stealing. "All is fair in love and war" we are told; certain games are mimic war; hence every action is justifiable in games. A young friend, apparently earnest, ambitious and honorable, told me with all seriousness that if you take all the objectionable features out of a game you take all the fun out of it—there is nothing left; that it really isn't so bad "to wind" or injure a man in foot ball in order to weaken the other side. I heard a good old minister, who was preaching to a community of college men say, emphasizing his remarks with his fist on the reading desk. "When we play a game of foot ball, what is our object? It is to win; nothing else counts; we go in to *win*." His very tones implied, "win at all hazards, by fair means or foul, do anything, but in the end win."

The greatest element of evil in the spirit of athletics in this country is the idea that one must win at any cost—that defeat is an unspeakable disgrace. Most of the brutality and unfairness come from this.

It is of course human nature to desire to win—to succeed in any undertaking. But I do believe that we need to cultivate the spirit that fair play comes first—defeat or victory afterwards. If victory is the result, we can congratulate ourselves on winning because of expert and clean work; if defeat, we can comfort ourselves with the thought that we did our best and were beaten fairly. Failure is as necessary in life as success, if those who fail profit by the experience. “We fall to rise, are baffled to fight better.” I have no sympathy with narrow-minded people who see no good in athletics because of the few objectionable features in them. I would not be understood as believing that hard, earnest playing is objectionable. Just such playing is the best to bring out manliness and fearlessness in a youth. But it is because I believe that competitive games are such tremendous forces for good as well as for evil that I would have those elements in them encouraged which bring out the love of honor, courage and fair play, and eliminate those which encourage the taking advantage of laws, cruelty, brutality and unfairness.

All that precedes applies to athletics generally. I want to speak, however, on athletic sports for women in particular.

Within the last few years athletic games for women have made such wonderful strides in popularity that there are few directors of physical training who do not value them as an important part of their work. They have become popular, too, not as the outcome of a “fad,” but because educators everywhere see the great value games may have in any scheme of education. Gymnastics and games for women are meeting less and less opposition, and gaining larger numbers of warm supporters because our younger generation of women are already showing the good results that may be obtained from them in better physiques and greater strength and endurance.

Now that the woman's sphere of usefulness is constantly widening, now that she is proving that her work in certain fields of labor is equal to man's work and hence should have equal reward, now that all fields of labor and all professions are opening their doors to her, she needs more than ever the physical strength to meet these ever increasing demands. And not only does she need a strong physique, but physical and moral courage as well.

Games are invaluable for women in that they bring out as nothing

else just these elements that women find necessary today in their enlarged field of activities. Basket ball is the game above all others that has proved of the greatest value to them. Foot ball will never be played by women, and base ball is seldom entered into with spirit. Basket ball is played with deep earnestness and utter unconsciousness of self. Certain elements of false education for centuries have made woman self-conscious. She is becoming less so, but one finds women posing even in tennis and golf. It is impossible to pose in basket ball. The game is too quick, too vigorous, the action too continuous to allow any element to enter which is foreign to it. It develops quick perception and judgment—in one moment a person must judge space and time in order to run and catch the ball at the right place, must decide to whom it may best be thrown, and at the same time must remember not to "foul." It develops physical and moral courage, self-reliance and self-control, the ability to meet success and defeat with dignity.

It is said that one of woman's weaknesses is her inability to leave the personal element out of thought or action. If this is so—and there is some ground for such a supposition—a competitive game like basket ball does much to do away with it. Success in this game can be brought about only by good team-play. A team with a number of brilliant individual players lacking team-work will be beaten always by a team of conscientious players who play for each other. This develops traits of character which organization brings; fair play, impersonal interest, earnestness of purpose, the ability to give one's best not for one's own glorification but for the good of the team—the cause.

But just as basket ball may be made an influence for good so may it be made a strong influence for evil. The gravest objection to the game is the rough element it contains. Since athletics for women are still in their infancy, it is well to bring up the large and significant question: shall women blindly imitate the athletics of men without reference to their different organizations and purpose in life; or shall their athletics be such as shall develop those physical and moral elements that are particularly necessary for them? We can profit by the experience of our brothers and therefore save ourselves from allowing those objectionable features to creep into our athletics that many men

are seriously working to eliminate from theirs. Since all new movements swing from the extreme of degeneracy or inertness to the extreme enthusiasm of newly acquired powers, unless we are most careful we shall allow that enthusiasm and power to run away with our reason. It is a well known fact that women abandon themselves more readily to an impulse than men. Lombroso tells us that women are more open to suggestion, more open to run to extremes than men. This shows us that unless we guard our athletics carefully in the beginning many objectionable elements will quickly come in. It also shows us that unless a game as exciting as basket ball is carefully guided by such rules as will eliminate roughness, the great desire to win and the excitement of the game will make our women do sadly unwomanly things.

This has already been proved. A basket ball match game was played several years ago between the teams of two of our normal schools. One team had been trained to play with the Y. M. C. A. rules; the other with modified rules. Since neither team wished to change its method of play, the first half was played by each team according to its own rules. The game was so rough that the second half was played by both teams with the modified rules. Let me quote from a paper commenting on this game:

"Probably no finer exhibition of basket ball playing by women has ever been seen in this country than the game played by these two teams during the *last* half of their contest. As a possibility of what women can show in the way of skill, alertness, accuracy, coolness and presence of mind under trying circumstances, and still be ladies, the game was a revelation to many present.

"To my mind the important lesson of this game, and the one that should make it a memorable one, is that a courteous consideration of an opponent, even in an antagonistic game, does not necessarily diminish a team's chances for victory."

Another instance; a basket ball team composed of refined women, in one of our New York cities, was challenged to play a game by a team just out of their town. The occasion was not only to be an athletic but a great social event. The visiting team had played with modified rules; the other with rules for men. The playing was not only rough to a degree, but the spirit shown toward the guests who

were beating, by their opponents and their friends, was what one would think quite impossible in women who had any regard for the ordinary courtesies of life. Rough and vicious play seems worse in women than in men. A certain amount of roughness is deemed necessary to bring out manliness in our young men. Surely rough play can have no possible excuse in our young women.

Of course, these two cases and similar instances of which I have heard do not prove that many of our women who play basket ball do so in an undesirable way. They are sufficient, however, to make us pause and consider whether they are not enough to prove that we need to free the game from anything that might lead to objectionable play. And here a serious question may be raised as to whether it is for the best interests of women to go into inter-scholastic games.

However, just this fact that women are more open to suggestion is an encouraging one, for it shows us that they can the more easily be lead to right thought and action. This can be seen by the splendid results of clean sport and good spirit gained wherever basket ball has been guarded by careful rules and strict discipline.

But just here I must say that not only is it necessary to modify the game somewhat, but the physical director and umpire cannot appreciate too fully the responsibility of their positions. The best of rules will be no protection to one who does not insist on fair play and does not umpire most conscientiously. It is also important that the captain of the team shall not only be a good basket ball player, but one who represents the best athletic spirit. I may say that the spirit of athletics in our colleges and schools for women is what the director of the gymnasium makes it. The right spirit is not gained by autocratic methods, but by almost imperceptible suggestion and strong example. If the physical director takes it for granted that athletics can be no other than fair and honorable, her spirit will be imbibed unconsciously by her pupils.

The modifications in the rules contained in this pamphlet were carefully considered and are entirely the fruit of experience. The two important changes are the division of the playing field and the prohibiting of snatching or batting the ball from the hands of another player.

The division of the gymnasium or field into three equal parts, and

the prohibiting of the players of one division from running into the domain of another seems an advantage for many reasons. It does away almost entirely with "star" playing, hence equalizes the importance of the players, and so encourages team work. This also encourages combination plays, for when a girl knows she cannot go over the division line to follow the ball, she is more careful to play as well as possible with the girls near her when the ball comes to her territory. The larger the gymnasium the greater is the tax on individual players when the game is played without lines. It has been found that a number of girls who play without division lines have developed hypertrophy of the heart. The lines prevent the players from running all over the gymnasium, thus doing away with unnecessary running, and also giving the heart moments of rest. On the other hand, the lines do not keep the players almost stationary, as some believe. A player has the right to run anywhere she may please in her own third of the gymnasium.

The divisions, then, concentrate energy, encourage combination plays, equalize team work and do away with undue physical exertion.

Allowing snatching or batting the ball from another person's hand seems the greatest element toward encouraging rough play in the game. It is apt to encourage personal contact; it has an intrinsic quality that goes against one's better nature; it has an element of insult in it. When a player gets the ball it should be hers by the laws of victory, ownership, courtesy, fair play. To prevent this rule, however, from making the game slow and spiritless, a rule was made that a player should not be allowed to hold the ball longer than three seconds under penalty of a foul. Preventing snatching or batting the ball has also developed superb jumping; for a player knows that since she cannot snatch the ball away from her opponent, by jumping in the air as high as possible she may catch the ball before it gets to her opponent.

When the game was first started many saw the danger of "dribbling." The objectionable element was done away with by not allowing the players to bounce the ball more than three consecutive times or lower than the knee. Since then the Y. M. C. A. rules have done away with dribbling altogether. It seems a good rule to eliminate it when the game is played without division lines—where a

player by dribbling can easily get from one basket to the other—but that necessity is overcome with division lines. To allow a player to bounce the ball three times gives an opportunity for having possession of the ball longer than three seconds when she wishes to use a signal or combination play. On the other hand, by demanding that the ball shall be bounced higher than the knee gives a quick opponent a fair opportunity to bat the ball away when it is between the floor and the player's hands.

Of course, if bouncing the ball becomes a nuisance—and one never knows what peculiar play will become popular—it can easily be remedied by doing away with it altogether until the team appreciates that it is a great advantage if used in moderation, a great hindrance if used to an extent.

The original rules allow only five on a team. We have changed the rule to allow any number from five to ten players on a team. My own conviction is that the smallest number of players should be six instead of five, for when the game is played with division lines the work in the centre is much too hard for one player. Some of the strongest and quickest work is done in the centre. The size of the gymnasium should decide the number of players on a team. If a gymnasium is 40x30 feet, it stands to reason that fewer players are necessary to meet all the hygienic and recreative requirements of the game than where the floor is 100x60. In one of our colleges ten play on a team because the players find they can bring about better combination plays with four centres. The dimensions of their gymnasium is 108x60 feet—large enough to allow this increased number.

Should people imagine that these modifications take the fire and spirit out of the game, they can either try it with their own teams “without prejudice,” or witness a game where such modifications are adopted to be convinced of their mistake. Perhaps it may not be out of place to quote some passages from an account which appeared in one of our leading newspapers with reference to a game played with modified rules at one of our colleges for women: “The playing was very rapid and extremely vigorous. From the time the ball went into play until a goal was tossed there was no respite. The playing could not properly be called rough. There was not an instance of slugging, but the ball was followed by the players with rushes, much the way

it is on the gridiron. One who supposes it is a simple or weak game would be surprised to see the dash and vigor with which it is entered into. It is a whirl of excitement from start to finish, and yet, with all the desperate earnestness and determination with which the game is played, there is excellent control and much dexterity shown. There is splendid temper and true sportswomanlike spirit in the game. The services of a referee to end a dispute are seldom needed, and there are no delays on account of kicking. The amount of physical strength and endurance which is cultivated is readily apparent. One might suppose that it would be a namby pamby exhibition with much show, many hysterical shrieks and nothing of an athletic contest; but nothing could be more contrary to facts. True, there is no slugging or exhibition of roughness, but the play is extremely vigorous and spirited, and is characterized by a whirl and dash that is surprising to the uninitiated. The possession of self-control, both of temper and physical action, was clearly in evidence yesterday, even during the most exciting stages of the game."

OFFICIAL RULES

Adopted at the Physical Conference, at Springfield,
Mass., June, 1899.



RULE I.

GROUND. SECTION 1. Basket Ball may be played on any grounds free from obstruction, said grounds not to exceed 3,500 square feet of actual playing space.

Boundary lines. SEC. 2. There must be a well defined line marked around the floor or field. The side boundaries shall be at least three feet from the wall or fence. The end boundaries shall be directly below the surface against which the goal is placed. This line shall form the boundary of the field of play.

Division lines. SEC. 3. The field shall be divided into three equal parts by field lines, parallel to the end boundary lines.

RULE II.

BALL. SECTION 1. The ball shall be round; it shall be made of a rubber bladder covered with a leather case; it shall be not less than 30 nor more than 32 inches in circumference; the limit of variableness shall not be more than one-fourth of an inch in three diameters; it shall weigh not less than 18 nor more than 20 ounces.

SEC. 2. The ball shall be tightly inflated and so laced that it cannot be held by the lacing, and otherwise in good condition.

SEC. 3. The ball made by A. G. Spalding & *Official Ball* Bros., and bearing the written signature of the Secretary of the A. L. N. A., Dr. Luther Gulick, shall be the official ball. Official balls will be in boxes having the handwritten signature of Dr. Gulick across the wrapper.

RULE III.

SECTION 1. The goals shall be hammock *GOALS.* nets of cord, suspended from metal rings 18 inches in diameter (inside). The rings shall be placed 10 feet above the ground in the centre of the short side of the actual playing field. The inside rim shall extend 6 inches *Size and location of goals.* from the surface of a flat perpendicular screen or other rigid surface measuring at least 6 feet horizontally and 4 vertically. If a screen is used it must not extend more than one foot below the upper edge of the goal.

SEC. 2. The goals shall be rigidly supported from below. There must be no projections beyond the sides nor above the upper edge of the goal.

SEC. 3. The goal made by A. G. Spalding & Bros. shall be the official goal.

RULE IV.

SECTION 1. Teams shall number not less *TEAMS.* than five nor more than ten members.

RULE V.

SECTION 1. The officials shall be a Referee, *OFFICIALS.*

two Umpires, a Scorer, Timekeeper and four linesmen; two from each side.

RULE VI.

CAPTAINS. SECTION 1. Captains shall be indicated by each side previous to the commencement of a match; they must be players in the match.

SEC. 2. The captains shall be the representatives of their respective teams.

Captains speak to officials.

SEC. 3. The captains shall toss for choice of goals and be entitled to call the attention of the officials to any violation of the rules which they think has been made.

SEC. 4. Before the commencement of a match each captain shall furnish the scorer with a list of her team with their positions.

RULE VII.

REFEREE SECTION 1. The Referee in all cases must be a thoroughly competent and impartial person.

SEC. 2. The Referee shall be chosen not later than four days before the game.

Alterations in rules about grounds and time.

SEC. 3. Before the game begins the referee shall see that the regulations respecting the ball, goal and grounds are adhered to. By mutual agreement of the captains, the referee may allow alterations in the rules regarding grounds and time, but not in goal, ball or teams. The referee shall ascertain before the commencement of the game the time for beginning, or any other arrangements that have been made by the captains.

SEC. 4. The referee shall be judge of the ball. He shall decide when the ball is in play, to whom it belongs, and when a goal has been made.

Referee judges when ball is in play and when goal has been made.

SEC. 5. Whenever the ball is put in play by tossing it up the referee shall stand so that he shall throw the ball in a plane at right angles to the side lines. (It may be thrown from the side or from within the field.)

Ball, how put in play.

SEC. 6. The referee shall call time when necessary by blowing a whistle.

SEC. 7. The referee shall call a foul when any officer is addressed by any player other than the captains.

Referee calls foul on player who speaks to officials.

SEC. 8. He is the superior officer of the game and shall decide all questions not definitely falling to the umpires, but shall have no power to alter a decision of the umpires or linesmen when it is in regard to matters under their jurisdiction.

Cannot alter decision of umpires, or linesmen.

SEC. 9. Any team refusing to play within three minutes after receiving instructions to do so from the referee shall forfeit the game.

Team refusing to play forfeits game.

SEC. 10. The referee's term of office shall only extend from the time the game begins until it is concluded, and his decision awarding the game must then be given. His jurisdiction shall then end and he shall have no longer any power to act as referee.

Referee has no power after game.

SEC. 11. The referee shall disqualify players according to Rule XII., section 20.

Referee disqualifies men.

RULE VIII.

UMPIRES. SECTION 1. The umpires in all cases must be thoroughly competent and impartial persons. They shall be chosen one by each team.

Umpire calls fouls. SEC. 2. The umpires shall be judge of the players, shall call all fouls, except as provided in Rule VII., section 8, and Rule XI., section 4.

Umpires not to question each other's decisions. SEC. 3. The umpires shall make their decisions independently of each other, and a foul called by one shall not be questioned by the other.

Whistle blown on foul. SEC. 4. Whenever a foul is called the umpire calling it shall call time by blowing a whistle, and indicate the offender. He shall notify the scorer of the player fouling and the nature of the foul.

RULE IX.

SCORER. SECTION 1. The scorer shall be appointed by the referee.

Scorers must notify referee about disqualifying player. SEC. 2. He shall notify the referee when a player should be disqualified, according to Rule XII., section 20.

RULE X.

TIMEKEEPER. SECTION 1. A timekeeper shall be appointed by the referee.

SEC. 2. He shall note when the game starts; he shall blow his whistle at the expiration of twenty minutes' actual playing time in

each half ; or the amount of time agreed upon previously by captains and referee, according to Rule XII., section 9.

SEC. 3. Time consumed by stoppages during the game shall be deducted only on order of the referee. *Time out on referee's order.*

RULE XI.

SECTION 1. The linesmen shall be appointed *LINESMEN* by the referee.

SEC. 2. There shall be 4 linesmen; 2 from each side.

SEC. 3. The linesmen shall stand at the four ends of the field lines. Their particular places shall be given them by the referee. *Position of linesmen.*

SEC. 4. The linesmen shall be judges of fouls made by stepping on or crossing the field lines, and shall call such fouls. *Linesmen call line fouls.*

RULE XII.

SECTION 1. A goal made from the field shall count 2 points; a goal made from a foul shall count as 1 point; a goal thrown shall count for the side into whose goal the ball is thrown, even though it was done by mistake. *THE GAME. Scoring of goals.*

SEC. 2. The referee shall put the ball in play by tossing the ball up in a plane at right angles to the side lines, so that it will drop near the centre of the field, which shall be indicated by a conspicuous mark. This is to be done at the opening of the game, at the beginning of the second half, and after each goal. *Ball, how and when put in play at centre. Centre to be conspicuously marked.*

*Ball to be touched
first by centres*

SEC. 3. After the referee puts the ball in play in the centre, it must be first touched by one of the centres, who shall have been previously indicated to the umpires. Violation of this rule constitutes a foul. Both players may jump for the ball, the better one, of course, gaining the advantage.

SEC. 4. When two fouls at once, on opposite sides, are called, they should be thrown in succession. The ball should then be put in play in the centre.

*After "time" ball
goes up at spot where
it was when time
was called, except
when it was outside.*

SEC. 5. After time has been called the referee shall put the ball in play by tossing it up in such a manner that it will drop near the spot where it was when time was called, unless it was held out of bounds. In this case play shall be resumed at the whistle of the referee, as if time had not been called. (Rule VII., section 7.)

*Two opponents
nearest to touch ball.*

SEC. 6. The two opponents nearest this spot when time was called shall be the first to touch the ball after play is resumed. They shall be indicated by the umpire.

Held ball.

SEC. 7. When the ball is held by two or more players for any length of time the referee shall blow his whistle, stop the play and throw the ball up from where it was held. (Rule VII., section 6; also Rule XII., section 6.)

*Players who "jump"
for ball must be in
four-foot circle.*

SEC. 8. Whenever the ball is put in play the players who are to first touch the ball must not stand further than two feet from the spot where the ball is to fall.

SEC. 9. A game must be decided by the winning of the most points in forty minutes' playing time, or less time, by previous agreement of captains and referee.

SEC. 10. The game shall consist of two halves of twenty minutes each, with a rest of ten minutes between the halves. This is the time of actual play. These times may be changed by agreement of referee and captains.

Time of halves

SEC. 11. In case of a tie the game shall continue (without exchanging of goals) until either side has made two additional points. The goals may be made either from field or foul line, the team first scoring two points wins.

Requires two points to win in case of tie.

SEC. 12. If the goal is moved by an opponent when the ball is on the edge of it, 1 point shall be scored.

Goal moved by opponent.

SEC. 13. The teams shall change goals at the end of the first half.

SEC. 14. When a foul has been made the opposite side shall have a free throw for the goal at a distance of fifteen feet from a point on the floor directly beneath the centre of the goal, measuring towards the opposite goal. The player having a free throw shall not cross the fifteen-foot line until the ball has entered or missed the goal. If this rule is violated, a goal, if made, shall not be scored, and, if missed, the ball shall be dead and put in play in the centre. The ball cannot be thrown to any person, but must be thrown at the basket.

Free throw mark.

Thrower must not cross mark.

Ball to be thrown at basket.

An attempt satisfactory to the referee must be made to cage it.

Six-foot lane for thrower. Penalty for crossing line before ball reaches basket.

SEC. 15. No player shall stand nearer than six feet to the thrower, nor in a lane six feet wide from the thrower to the goal, nor interfere with the ball until after it reaches the goal. The player shall not be interfered with in any way whatever, either by players or spectators. If this rule is violated, and a goal is not made, she shall have another free throw. If the goal is not made the ball shall be considered in play. The players must stay back of the line until the ball has entered or missed the goal.

SEC. 16. The ball may be thrown or batted in any direction with one or both hands.

Kicking or using fists not allowed.

SEC. 17. The ball shall not be kicked or struck with the fists. Violation of this rule is a foul.

Ball not to be carried.

SEC. 18. A player shall not carry the ball while in bounds. She must play it from the spot on which she catches it. Allowance is to be made for one who catches it while running, providing she throws it at once or stops as soon as possible. This shall not be interpreted as interfering with a person's turning around without making progress. When a ball has been caught with both hands, it shall not be bounded on the floor more than three times, and that at least knee height, until it has been touched by some other player. It

Ball shall not be bounded more than three times nor lower than knee height.

does not interfere with her throwing for goal twice or more in succession, even if no other player touches it between times.

SEC. 19. There shall be no tackling, or holding or pushing of an opponent. The arms shall not be used in any way to interfere with the progress of a player who has not the ball. Grasping the clothing or person of a player with the hands or putting one or both arms about a player shall be called holding. Violation of this rule constitutes a foul. *Holding, etc.*

SEC. 20. There shall be no shouldering, tripping, striking, kicking, hacking or intentional or unnecessary roughness of any kind. Violation of this rule constitutes a foul, and the referee may, for the first offence, and shall, for the second offence, disqualify the offender. A foul is a violation of the rules, whether committed unintentionally, ignorantly or otherwise. The fact that a foul is made is the only guide for the officials in calling the same. *Roughness will disqualify.*

SEC. 21. A substitute shall be allowed for a player who has been disqualified, and the foul made by her shall be counted. *Substitute allowed for disqualified player.*

SEC. 22. Whenever, because of sickness or accident to a player, it becomes necessary for the referee to call "time," play must be resumed in five minutes. If the injured player is unable to resume play by that time, a substitute shall take her place, or the game start at once without her. If a substitute takes her *Five minutes for "time."*

place she cannot play again during that game.

Ball out of bounds.

SEC. 23. The ball is out of bounds only when it has completely crossed the line.

Ball rolling in field from outside is in play.

SEC. 24. When the ball goes out of bounds and rolls or bounces in again, play shall continue, even though a player may have touched it when out of bounds; except, *if the whistle of the referee is blown, the ball shall then be put in play as though it had not returned to the field of play.*

Touching the ball when outside, enough to give player right to it.

When the ball goes out of bounds and remains there, it shall be returned by the player first *touching* it. There shall be no interference with her returning it; that is, no portion of the person of an opponent shall be outside of the field of play. The ball may not be touched by an opponent until it has crossed the line. If either of these rules is violated, the ball is to be returned to the player who had it and the ball again put in play at the original place.

Penalty for interfering with thrower-in.

Thrower-in must stand on line drawn at right angles to boundary line from crossing point.

She may throw the ball in any direction into the field of play from any spot (outside of bounds) on a line drawn at right angles to the boundary line at the point where the ball crossed it. The ball must be *thrown* into the field of play. When either of these rules is violated the ball shall go to the opponents at the same spot. The ball must be thrown to some player and disposed of before the player who passed it can again play it.

She is allowed five seconds to hold the ball, and if it is held longer it goes to the opponents. In case of doubt in the mind of the referee as to which player first touched the ball, he shall toss it up into the field of play at the spot where it went out.

Five seconds to hold ball. Ball to go up if doubt about who touched first.

SEC. 25. When the ball is *batted, rolled or passed* from the field of play in order to claim exemption from interference it shall be given to the opponents at the point where it left the field of play. When it is passed to a player out of bounds the ball shall be given to the other side. *Carrying* the ball from the field of play is a foul (section 17). When the centres are jumping for the ball and one of them bats it to out of bounds, it is in play and shall go to the other side.

Rolling, passing and carrying out of bounds.

Ball batted out of bounds from centre, goes to other side.

SEC. 26. A goal scored by a player while any part of her person touches the floor out of bounds shall not count. In such a case the ball shall be put in play in the centre of the field.

Goal from outside.

SEC. 27. If a player throws for the goal and the whistle of the referee, umpire or timekeeper sounds while the ball is in the air, and the throw results in a goal, it shall count.

Goal counts if whistle is blown when ball is in the air.

SEC. 28. When the umpire's whistle sounds simultaneously with either the referee's or timekeeper's, the umpire shall take precedence.

Umpire's whistle takes precedence over referee's.

SEC. 29. A goal scored before the whistle can be blown for a foul made by the

Goals affected by fouls.

team scoring shall not count; but if a player while throwing for the goal is fouled by an opponent and succeeds in scoring, both shall be counted.

Winning by default.

SEC. 30. If only one team puts in an appearance on the appointed day, the team complying with the terms agreed upon shall be declared the winner of the game by default.

SEC. 31. When it happens, however, that neither team is ready to begin playing at the hour appointed for the game, the team which completes its members first cannot claim a default from its opponent. The latter shall be entitled to fifteen minutes' additional time, and if then unable to present a full team, shall, if required by their opponent, be obliged to play short-handed or forfeit the game.

Penalty of defaulting or forfeiting a game.

SEC. 32. A team defaulting or forfeiting a game shall be declared the loser by a score of 2 to 0.

Protesting of decisions of officials.

SEC. 33. There shall be no protests against the decisions of the officers, except in regard to interpretation of rules.

Derogatory remarks about officials.

SEC. 34. Any remarks on the part of a player during the progress of the game derogatory in any way to the officials shall be called a foul.

Intentional delay of game.

SEC. 35. Any persistent intentional delay of the game shall be counted as a foul against the team so delaying.

SEC. 36. Two hands on a ball are necessary to secure it. In case of doubt in the mind of the referee as to which player first put her two hands on the ball, he shall toss it up at the spot where it was held by the players. In no case may a player remove the ball from the hands of an opposing player, either by *snatching* or *batting*. *Player must have both hands on ball to secure it.* *SNATCHING or BATTING ball from an opponent's hands not allowed.*

SEC. 37. The ball may not be held longer than three seconds. *Ball held three seconds only.*

SEC. 38. The ball may not be "juggled;" *i. e.*, tossed into the air and caught again to evade holding.

SEC. 39. Crossing field lines with any part of the body constitutes a foul. *Field lines may not be croseed.*

SEC. 40. No player may lean or reach over another player.

SEC. 41. No player may hand the ball to another player. The ball must be *thrown* to another player.

RULE XIII.

FOULS.

SECTION 1. All fouls shall be called by the umpires, except as provided in Rule VII., section 7, and Rule XI., section 4.

SEC. 2. Fouls are classified according to their penalties, as follows: See Rule XII., section 14. *FOULS.*

GENERAL FOULS.

1. Players addressing officers. (Rule VII., section 7.)

2. Touching ball in centre. (Rule XII., section 3.)
3. Kicking or striking ball. (Rule XII., section 17.)
4. Carrying ball. (Rule XII., section 18—section 25.)
5. Bounding the ball more than three times or lower than the knee. (Rule XII., section 18.)
6. Holding more than three seconds. (Rule XII., section 37.)
7. Delaying game. (Rule XII., section 35.)
8. Tackling, holding, pushing opponents. (Rule XII., section 19.)
9. Snatching or batting ball from hands of an opponent. (Rule XII., section 36.)
10. Juggling. (Rule XII., section 38.)
11. Crossing or stepping on the field lines. (Rule XII., section 39.)
12. Leaning or reaching over another player. (Rule XII., section 40.)
13. Handing the ball to another player. (Rule XII., section 41.)

FOULS FOR WHICH PLAYERS MAY BE DISQUALIFIED—ROUGHNESS.

1. Striking.
2. Kicking.
3. Shouldering.
4. Tripping.
5. Hacking.
6. Unnecessarily rough play.

Officials are expected to be as strict as possible. In all cases not covered by these rules officials are to use their own judgment, in accord with the general *spirit* of the rules.

*Officials to be strict
and to go by spirit
of rules.*



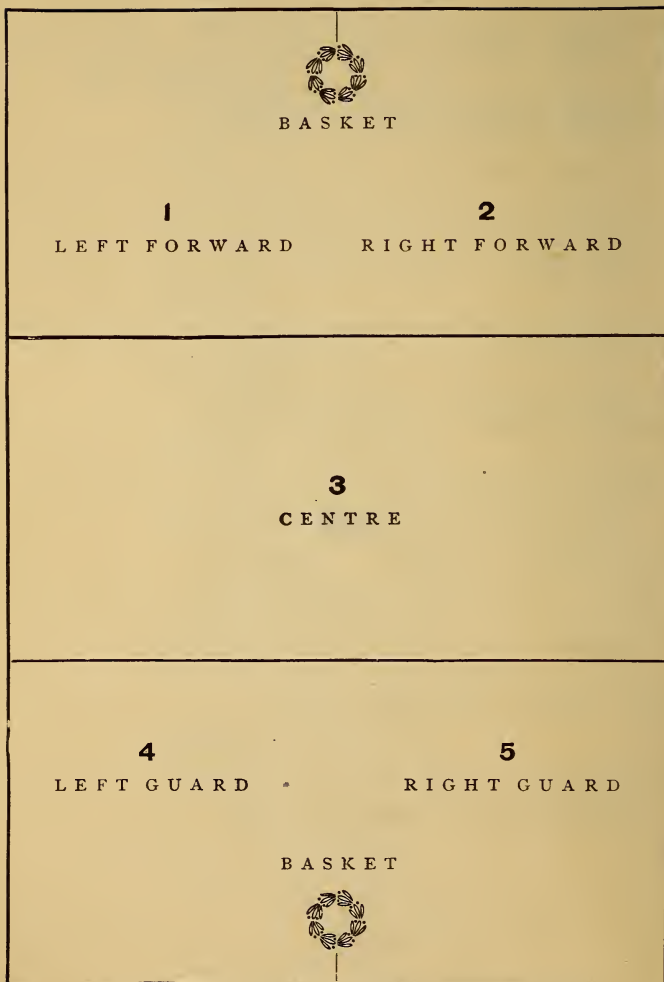


Diagram of Field, Showing Position of Five on Team

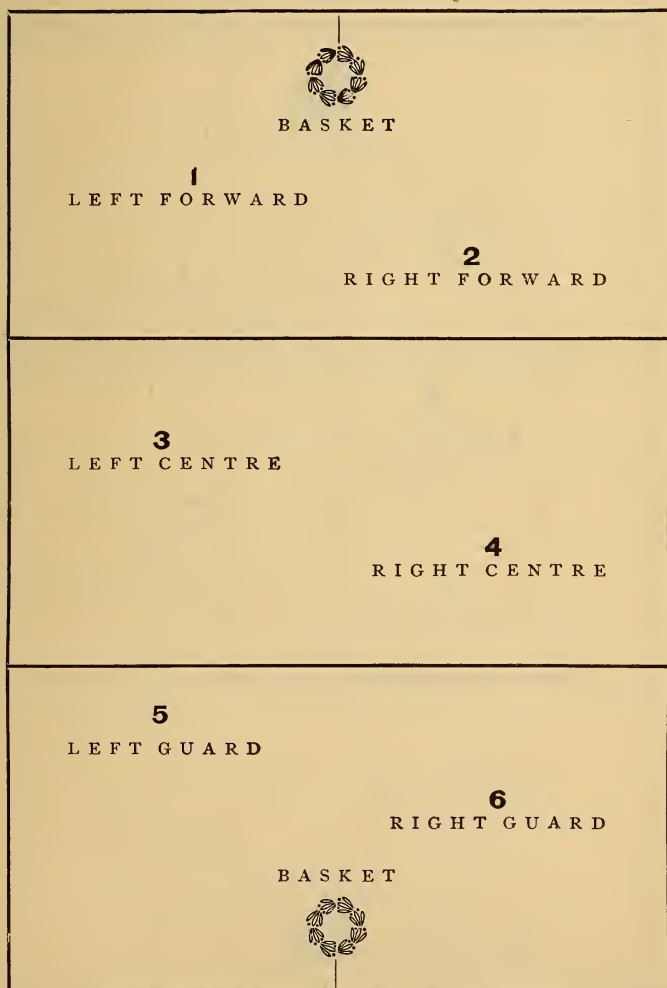


Diagram of Field, Showing Position of Six on Team

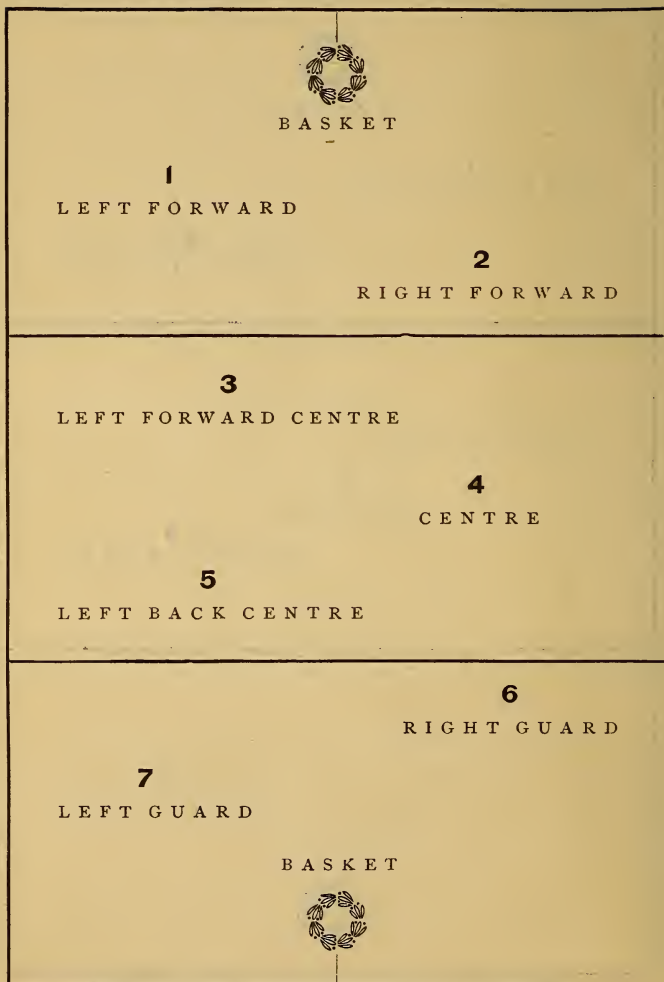


Diagram of Field, Showing Position of Seven on Team

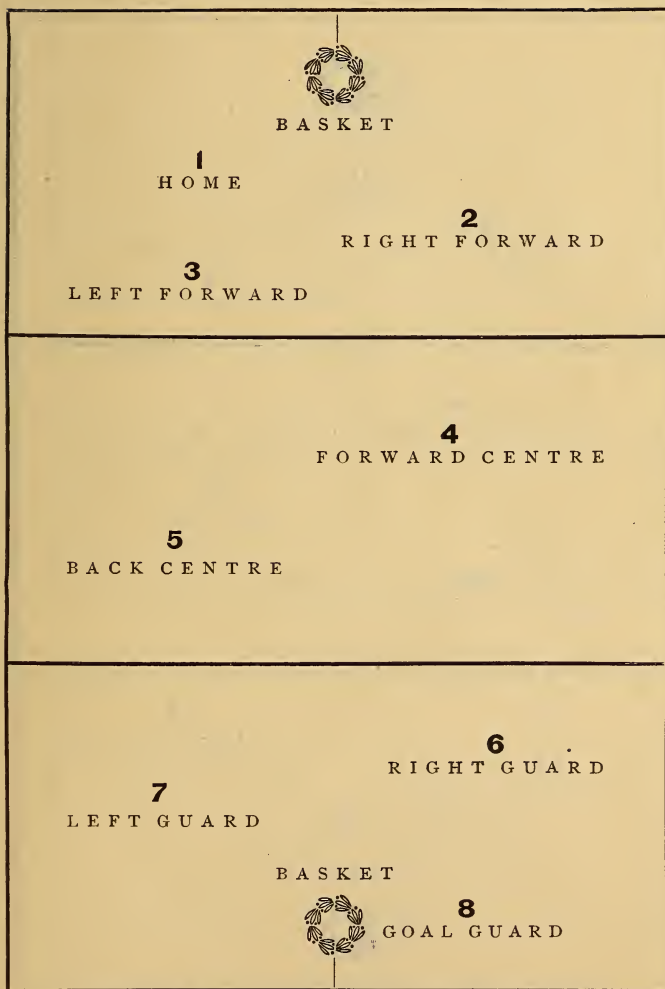


Diagram of Field, Showing Position of Eight on Team

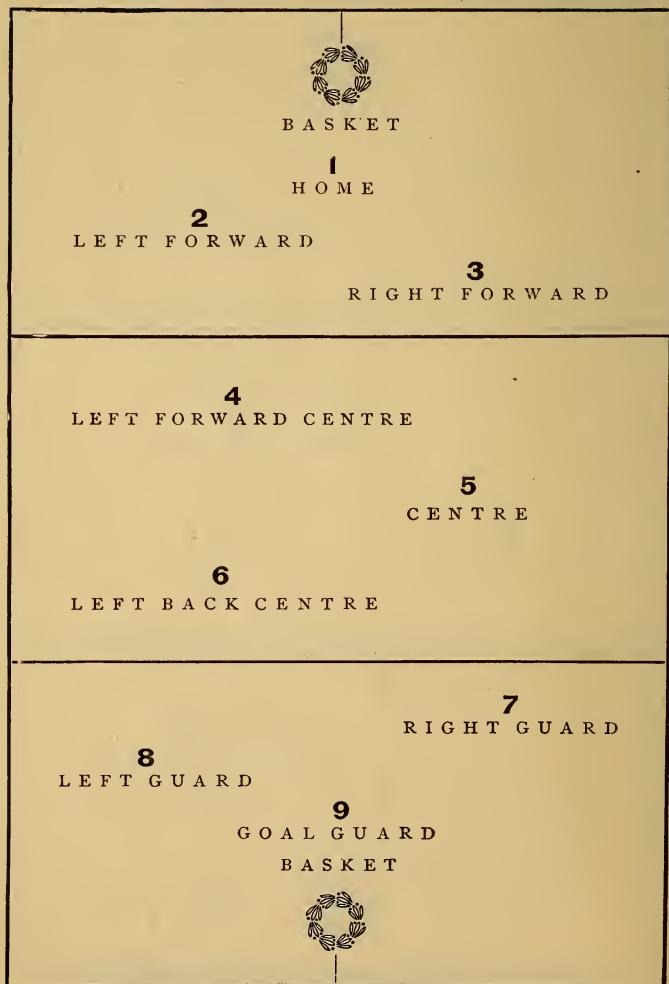


Diagram of Field, Showing Position of Nine on Team

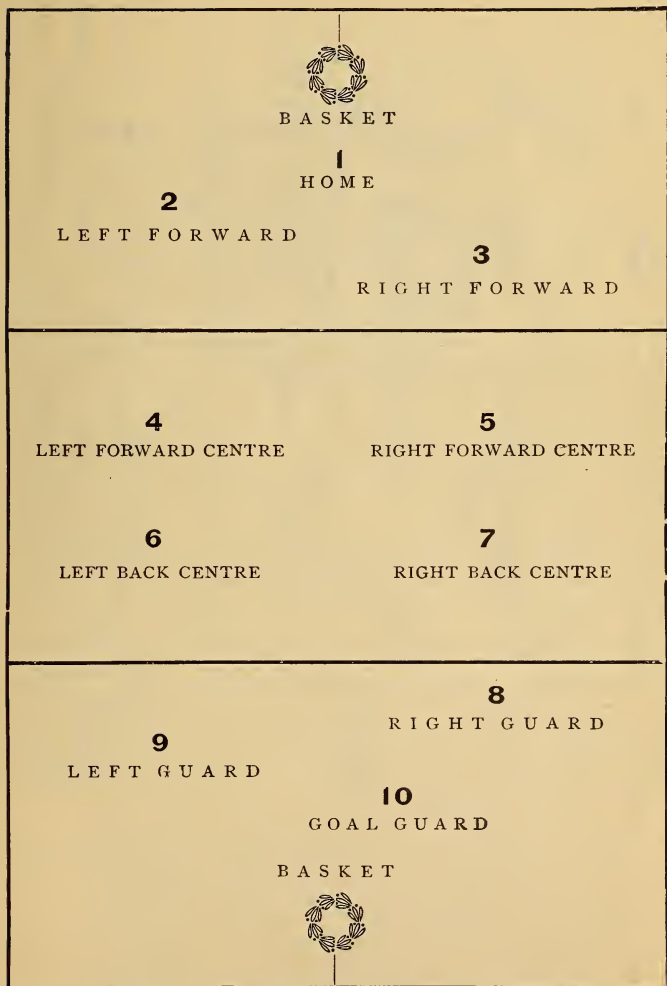


Diagram of Field, Showing Position of Ten on Team

HOW TO SCORE BASKET BALL



BY LUTHER GULICK, M. D.

A SCORE BOOK is almost a necessity to the manager of a team who wishes to keep accurate record of all the players; who made the fouls, and what kind of fouls; who made the goals, and under what conditions they were made. A sample page for a single team is herewith given. In the first column is found the names of the team and the players; in the second column, the goals that were made during the first half. In this column will be found three sets of marks: an X, which is a goal from the field; an O, which is an attempted goal from a free throw, but which was missed, and an X inside of an O, which means a goal thrown from a free throw. The X, of course, counts two points, the O nothing and the X inside of an O, one point. At the bottom of the column is the total number of points made during that half. In the third column are the fouls. First, is A1. By referring to the bottom of the page, under the head of FOULS, we see that A1 is for addressing officer—vii., 7. This foul, together with A5 and A4, was made by John Allen. If A. B. Mark had made another Class B foul, he would have been disqualified. In the second half, the captain thought that C. R. Rocks would best make the free throws, but after two failures, he went back to John Allen, who scored two. A score kept in this way is of the greatest value, and without it a scientific estimate of the players is hardly possible.

NAME OF TEAM		FIRST HALF		SECOND HALF	
		GOALS	FOULS	GOALS	FOULS
Brightwood					
John Allen	x o o	away	x o o	a 4	
A. B. Mack	x	B 4			
E. R. Poole	xxx		o o		
J. O. Schenck			x	a 3 a 1	
B. R. Seely	xx	a 4 a 4	x		
	15			8	

Where Played *13th St. New York* Date *Nov. 7, 1897* Referee *B. F. Fair*
 Umpire (1) *E. Hand* (2) *A. R. Schenck* Timekeeper *M. A. Hendry*
 Scored *A. Seely* Won by *Brightwood* Score *23-19*

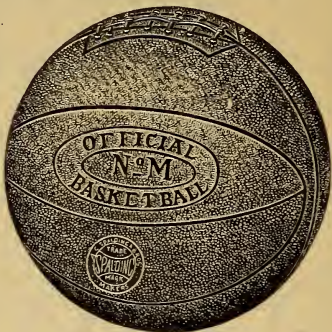
Fouls A General. (1)

Addressing officers, vii., 7. (2) Touching ball in centre, xii., 3. (3) Kicking or striking ball, xii., 17. (4) Carrying ball, xii., 18, 25. (5) Bouncing ball more than three times or lower than knee, xii., 18. (6) Holding more than 3 seconds, xii., 37. (7) Delaying game, xii., 35. (8) Tackling, holding, pushing opponents, xii., 19. (9) Snatching or baiting ball from hands of an opponent, xii., 36. (10) Juggling, xii., 38. (11) Crossing or stepping on field lines, xii., 39. (11) Leaning or reaching over another player, xii., 40. (13) Handing the ball to another player, xii., 41.

B Fouls for which a player may be disqualified, xii., 20. (1) Striking. (2) Kicking. (3) Shouldering. (4) Tripping. (5) Hacking. (6) Unnecessarily rough play.

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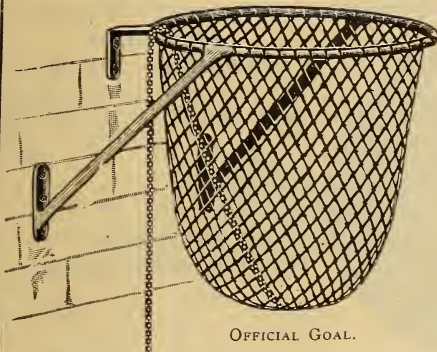
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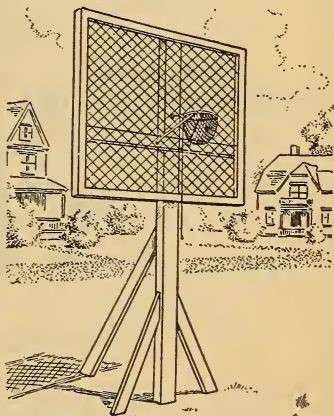
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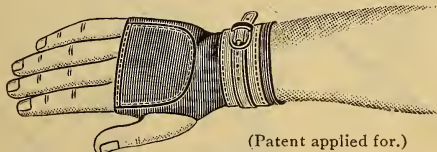
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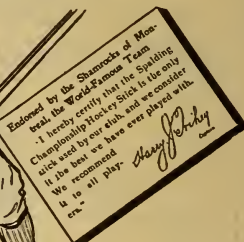
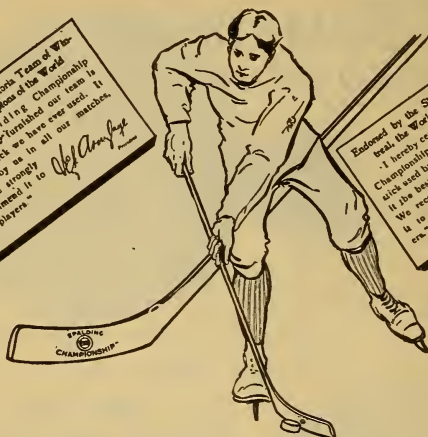
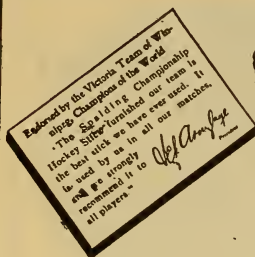
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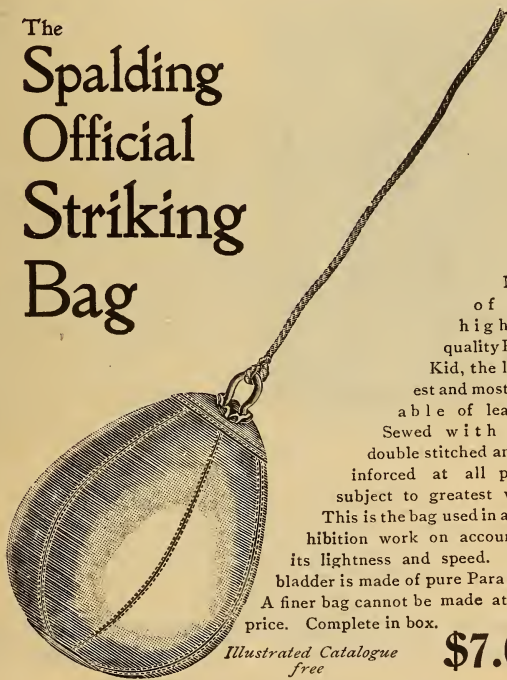
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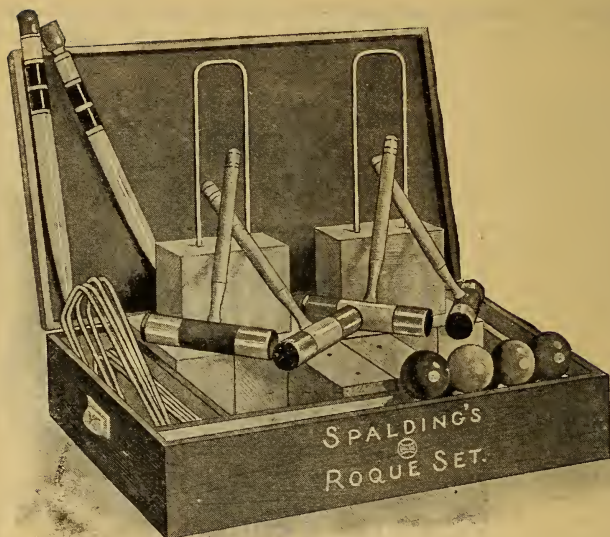
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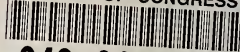
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